

SAVORY BAKED CHICKEN (8 PC)

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	2 g	40 g	10 g	119 mg	658 mg	25 mg

Ingredient

CHICKEN, 8 PC CUT, SKIN REMOVED
 SOY SAUCE
 WORCESTERSHIRE SAUCE
 CHICKEN BROTH
 GARLIC POWDER
 PEPPER, BLACK, GROUND
 COOKING SPRAY, NONSTICK
 PARSLEY, FRESH, BUNCH, CHOPPED

Weight

82 lbs
 1-7/8 lbs
 1-5/8 lbs
 1 oz
 2/3 oz
 2-1/8 oz
 1 oz

Measure

3 cup
 3 cup
 3 cup
 3-1/3 tbsp
 3 tbsp
 1/4 cup 2/3 tbsp
 1/4 cup

Issue

1 oz

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, Worcestershire sauce, chicken broth, garlic powder and pepper; mix well. Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 3 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 5.
- 4 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Baste chicken with reserved marinade. Discard remaining marinade. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Sprinkle with parsley. CCP: Hold for service at 140 F. or higher.